

WEATHERING THE STORM!

Standard 5 ESSENTIALS Grades 4-5

5PA-E3 PO 1

EQUIPMENT: A parachute suitable to the size of your class. 100-200 multi-colored milk bottle caps. Write one letter on each cap until you have written out the names of all 6 CC! Pillars. 100 caps will allow you to name each pillar 2 times. 200 caps will allow you to name each pillar 3 times.

OBJECT OF ACTIVITY: Work independently and on task for partner, small or large group activities; Review CC! Pillars

PARACHUTE CUES: Hold thumbs down fingers on top. **No** body parts in or through center hole -- Verbal cues: **Fruit basket** = arms extended toward feet - chute held still and quiet below waist **Umbrella** = Raise chute above head/lower to below waist - **Outside Mushroom** = Raise chute above head/lower to grounds hands tight to the ground/nobody lets go - **Inside Mushroom** = Raise chute above head/ face outside as you lower chute tight to ground - chute is now covering all participants – nobody lets go **Soft Waves** = start with fruit basket then softly move and lightly shake parachute - **Hurricane** = fruit basket/vigorously shake *Special Note: Substitute appropriate parachute cues used at your location if your terms are different from those listed above.*

Warm-Up: Practice a variety of commands listed under CUES.

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Assemble the group around the parachute. Complete warm-up. Finish with a **Fruit basket**. While group maintains a fruit basket Share about how life is not fair.... It has its “ups and downs”. Ask a few from the group to name some “ups and downs” that commonly occur in life. Remind them that being a positive, “Pillar-Based”, person can help us “**weather the storms**” and turn troubles into “**rainbows**”! On command the group begins a “**Hurricane**”. About 20 seconds later the leader yells “**Rainbow!**” and tosses in the multicolored milk bottle caps. The caps will wildly shake all over and eventually when the parachute is empty, the leader calls a freeze. Instruct individuals to stand with their hands on their hips while explaining the next set of directions. When given the go signal the group scatters to gather up the bottle caps. Individually or in teams they use the lettered caps to spell out the name of a CC! Pillar. As soon as they have correctly spelled out a Pillar name they return the caps to their container. Leader may stop at any time and have group return all remaining caps.

FOLLOW-UP: Use game to help group understand that life is not always perfect. We all have hard times and make mistakes. It is how we handle those hard times that make the difference between being a person of complaints or a person of solid character.

Sue Mellen

“CHARACTER IN MOTION”

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